



**3 NUTRITION SERVICES**

*Effective: 12/1/95*

**3.16 Nutrition Risk Determination: Anthropometric**

*Revised: 4/1/03*

**Measurements for Postpartum Women (Breastfeeding & Nonbreastfeeding)**

**POLICY:** Current weight and height measurements are required for all breastfeeding and nonbreastfeeding postpartum women. In addition, pregravid weights are needed for breastfeeding and nonbreastfeeding women who are less than 6 months postpartum.

**PROCEDURE:**

**A. WEIGHT AND HEIGHT MEASUREMENT REQUIREMENTS**

1. Current weight and height measurements must be obtained on-site, using established procedures and equipment, unless measurements no more than 60 days old and done after termination of pregnancy are available at the time of certification from another health care provider.
2. Pregravid weights may be self-reported or obtained by referral.

**B. MEASURING AND ASSESSMENT PROCEDURES**

1. Assure the proper equipment is available:
  - a) Floor model beam balance or a high quality electronic scale (see Policy 3.50) placed on a level, uncarpeted surface. If it is not possible to use an uncarpeted site, place a piece of strong plywood (i.e., that will not flex) under the scale.
  - b) Stature measurement board (see Policy 3.50) OR a flat metal or lexan tape and a block squared at a right angle. Attach the tape at the base of a flat wall with no baseboard or molding or, if there is a baseboard or molding, place a small platform or step stool squarely against the wall and extend the tape or board up from that surface. Assure the tape is straight up.
  - c) Footstool (to read height measurements at eye level).
  - d) DPH 4056 Prenatal Weight Gain & Postpartum Weight Assessment form (for reference); see Attachment to Policy 3.15
2. At the beginning of the day, make sure the measuring area is clean, and all needed forms, equipment, and materials are available.



3. Measure the woman's height following the procedure in Policy 3.13, part 3, using a footstool as needed to read the measurement at eye level. Enter the height into the ADP system.
4. Determine the woman's pregravid weight. Use either her self-reported weight or, if possible, referral data.
5. Determine the woman's current weight following the procedure in Policy 3.12, part C. Enter into the ADP system.
6. Using the Body Mass Index table in the upper left corner on the Prenatal Weight Gain & Postpartum Assessment form, Postpartum BMI Cut-Offs, assess pregravid weight (if <6 months postpartum) and the current weight as low, normal, high, or obese.